

Finding the Silver Lining:


Tools for Living Well with Diabetes during
and beyond COVID-19

COVID-19 has impacted people in different ways, some more than others. Living with diabetes while transitioning back to a new reality can be daunting.

Join us as we go through evidence-based coping strategies that can help you:

- Understand the impact of COVID-19 for people living with diabetes
- Recognize the different ways to cope with a changing landscape
- Learn how to prioritize your diabetes management and use tools and technology that can initiate behaviour change and help you stay on track

**Available on-demand at
the OneTouch Canada
YouTube channel.**

 **Click here to access**



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Dr. Vallis is a registered health psychologist practicing in Halifax. He is a Health Behaviour Change Consultant and Associate Professor in Family Medicine at Dalhousie University. His main area of expertise is adult health psychology, with an emphasis on diabetes, obesity, cardiovascular risk and gastroenterology. He regularly supervises clinical and academic students at Dalhousie and is active in research on motivation, behavioural change and adaptation to chronic disease. He was recently awarded a Queen's Diamond Jubilee Medal by the Government of Canada on the recommendation of Diabetes Canada.